

Effectiveness of Home Remedy in Case of Hemorrhoids

Dr. Pushpa Sharma¹, Prof. (Dr.) B.N. Shringi² and R. K. Sharma³

^{1,2}RAJUVAS, Bikaner

³RUHS, Jaipur

E-mail: ¹zrishish@gmail.com, ²brij_shringi_2005@yahoo.com, ³zrishish@gmail.com

Abstract—‘Arsha’(hemorrhoids) is engorgement of the hemorrhoidal venous plexus, characterized by bleeding per rectum, constipation, pain, prolapse and discharge. The only known treatment is haemorrhoidectomy, but after sometime of excision there is a great possibility of reappearance of the disease, so it is not a good option. But we have many options to treat this disease effectively through home remedies. The case reported here is that of an internal haemorrhoids in a 45-year-old and another is 40-year-old man with complaints of prolapsing pile mass during defecation, who were treated successfully with homemade medicine using milk, chaach/butter milk /residue /residum & lemon just in 10 days. The patient has been observed for more than 2 years without recurrence.

Introduction

Hemorrhoids (HEM-uh-roids), also called piles, are swollen veins in anus and lower rectum, similar to varicose veins. Often described as "varicose veins of the anus and rectum," hemorrhoids are enlarged, bulging blood vessels in and around the anus and lower rectum. ‘Arsha’ (hemorrhoids) is an ailment that affects all economical groups of population. Haemorrhoids is a very common condition that a physician would encounter in day to day practice. Hemorrhoids have a number of causes, although often the cause is unknown. There are mainly three types of hemorrhoids-

1. **Internal hemorrhoids**- Hemorrhoids may be located inside the rectum.
2. **External hemorrhoids**- They may develop under the skin around the anus.
3. **Thrombosed hemorrhoids**- Occasionally, a clot may form in a hemorrhoid

Sometimes they don't cause symptoms but at other times they cause itching, discomfort and bleeding.

Symptoms

Signs and symptoms of hemorrhoids may include:

- Painless bleeding during bowel movements
- Itching or irritation in anal region

- Pain or discomfort
- Swelling around anus
- A lump near anus, which may be sensitive or painful (may be a thrombosed hemorrhoid)

Hemorrhoid symptoms usually depend on the location.

Causes

The veins around anus tend to stretch under pressure and may bulge or swell. Swollen veins (hemorrhoids) can develop from increased pressure in the lower rectum due to:

- Straining during bowel movements
- Sitting for long periods of time on the toilet
- Chronic diarrhea or constipation
- Spicy diet
- Hysterectomy
- Gastric contents
- Age
- Obesity
- Pregnancy
- Low-fiber diet

Hemorrhoids are more likely with aging because the tissues that support the veins in rectum and anus can weaken and stretch.

Prevention

The best way to prevent hemorrhoids is to keep stools soft, so they pass easily. To prevent hemorrhoids and reduce symptoms of hemorrhoids, these tips may follow:

- Eat high-fiber foods.
- Drink plenty of fluids.

- Consider fiber supplements.
- Don't strain.
- Exercise.
- Avoid long periods of sitting

Although hemorrhoids can be unpleasant and painful, they are easily treated and very preventable. As hemorrhoids generally get worse over time, doctors suggest that they should be treated as soon as they appear. The only treatment is haemorrhoidectomy, but after sometime of excision there is a great possibility of reappearance of the disease, so it is not a good option. But we have many options to treat this disease effectively through home remedies.

Fortunately, many effective options are available to treat hemorrhoids. Many people can get relief from symptoms with home treatments and lifestyle changes. The case reported here is that of an internal haemorrhoids of some persons, a 45-year-old and another is 40-year-old man with complaints of prolapsing pile mass during defecation and bleeding while passing stool, who were treated successfully with homemade medicine using milk, chaach/butter milk /residue /residum & lemon just in 10 days.

Aim & Objectives

- To investigate the properties of Lactic acid bacteria present in milk & buttermilk.
- To provide with safe homemade treatment and to build a healthy world.
- To evaluate improvement after treating hemorrhoid.
- To examine the prevalence of secondary disorder in an unselected population to assess the cost effectiveness of home remedies.

Materials & Method

Project site - Study on role of home remedies in the treatment of cases of hemorrhoid was under taken at the research institute, Bikaner, number of cases- 2 cases will be included in the study.

Duration of study - The study was undertaken for a period of two year.

Procurement of medicine - Medicine was prepared from fresh milk & lemon juice with buttermilk.

Case report

A 45- year patient named Mohan Rawat (see Figure 1) of height 5'8" and weight 80 kg with a clinical history of hemorrhoid from 1 year reported to the outpatient department (OPD) of, Bikaner, on 28th feb,2017.They also having complaints of bleeding per rectum, constipation, pain, prolapse and discharge. They took allopathic medicines for 3

months but without improvement. Subsequently, the patient were brought to the research institute, bikaner, for treatment.

Another case of that is that a 75 year old female named Mrs. Sukhdevi(see Figure 2), have complaint of prolapsing pile mass during defecation and bleeding while passing stool, who were treated successfully with homemade medicine using milk, chaach/butter milk /residue /residum & lemon just in 10 days.

Another case is of a 50 year old male named Hari(see Figure 3), have the same complaint of Hemorrhoid.



Figure 1



Figure 2



Figure 3

TREATMENT

We gave them following home remedy-

Mix lemon juice in one glass fresh milk with chanting Gaayatri mantra & asked the patient to drink this immediately for regular three days to nine days depending on the severity of disease. Patient also asked to have half or one glass of chaach/ buttermilk with lunch regularly.

Another treatment includes – Burn the coconut husk, filters its ash and mixed in chaach/buttermilk.

We recommend above treatment to Mr. Hari for regular 9 days and asked all the patient to include buttermilk in their regular lunch.

The patient has been observed for more than 2 years without recurrence. Photographs were taken before and after treatment to record changes in the condition. Non-recurrence of complaint in the past two and half years suggests that a 'near permanent' cure is achievable through this home remedy treatment.

The theory behind this treatment is simply easing the symptoms of the hemorrhoids until they clear up on their own.

Remedy is BUTTERMILK. Buttermilk can help in treating the piles problem in a very natural manner. It is a rich pro biotic drink with the goodness of many nutrients such as calcium, phosphorous, Vitamin B12 and riboflavin.

Ayurveda (the science of life) is a well-known traditional Indian System of Medicine, which has been in practice for more than 2000 years. Ayurvedic treatments are holistic, personalized and include not just drugs but also diet, exercise and life style prescriptions. *Pathya* is a term used to describe suitable or special diet recommended during disease conditions. The importance given to *pathya* is evident from the following verse in Caraka Samhita, "without proper diet, medicines are of no use and with proper diet medicines are not required." Examples of *pathya* include milk, milk products (buttermilk, curd, whey, cottage cheese, butter, ghee), old red rice, horse gram, turmeric, bitter gourd, barley, cardamom, clove, ginger, pepper, pomegranate, lemon, Indian gooseberry, honey, meats of animals and birds such as deer and pigeon etc. [6] These food items are also often incorporated in medicinal formulations or prescribed to be taken along with medicine. [3] *Pathya* supports a medicine to bring back the homeostasis of humours, which are vitiated during disease conditions. [6] Epistemology of *Ayurveda* explains a physiological component/process called "*agni*", is responsible for digestion of food components and metabolism of tissues. Specific fermented milk products have been indicated to normalize "*agni*" (metabolism). [5] Milk and preparations from fermented milk such as curd, buttermilk and ghee (clarified butter) form a part and parcel of daily diet in India. Sanskrit poets have gone to the extent to say that several Hindu Gods would not have suffered from several diseases if buttermilk had been made available in heaven. *Panchagavya*, the five products of cow namely milk, curd, ghee, urine and dung have been an inseparable part of Hindu rituals. The origin of the science of modern probiotics lies in 1908 when Metchnikoff observed that the Bulgarian peasants lived longer because of the consumption of yoghurt. Bacteria like *Lactobacillus*, *Bifido*, and a few other single-celled organisms like yeasts (e.g. *Saccharomyces boulardii*) have been evaluated as probiotics. Probiotics have been accepted as a dietary supplement and has been defined by Food and Agricultural Organization/WHO as "live microorganisms which when administered in adequate amounts confer a health benefit on the host".

Buttermilk(takra)

Takra is obtained from curd (*dadhi*) after churning well with water. Buttermilk is sweet, sour with astringency as subsidiary taste, hot in potency, easily digestible and may cause some dryness in body. It stimulates digestive fire, alleviates minor poisons if consumed, decreases edema, and helps to control diarrhea, anemia, hemorrhoids, and splenomegaly. It is helpful in anorexia, intermittent fevers, vomiting, excessive salivation, dysuria etc.

Three types of buttermilk and their properties are mentioned in Ayurveda based on fat content, namely fat-free, half fat and

full fat. These are to be consumed according to the power of digestion in individuals. Even though buttermilk is a well-advised diet in many diseases, Ayurveda gives a word of caution in its use in certain conditions. It is contraindicated in debilitating diseases like tuberculosis, emaciation, giddiness, fainting, burning sensation and intrinsic hemorrhage. Excessive consumption of thick buttermilk during summer is also contraindicated as it increases pitta dosha. Ayurvedic literature also describes some uncommon secondary products of curd and buttermilk. *Kilata* or *kurchika* is the solid portion obtained after boiling curds or buttermilk. *Dadhikurchika* is the thick, milky liquid obtained by stirring new curd. *Takrapinda* is the solid portion of buttermilk after draining the whey. *Morata* or *morana* is the thin watery portion separated out. *Ksirasaka* is curds or buttermilk that is blended with certain herbs like ginger (*Zingiber officinale Roscoe.*), curry leaves (*Murraya koenigii L.*) without heating.

Butter(navaneeta)

Butter is derived from churning curd after addition of sufficient quantity of water. Butter is cold, sweet and slightly astringent and sour to taste. It relieves *vata* and *pitta* vitiation. It has the potential to relieve tuberculosis, hemorrhoids and facial paralysis.

Butter prepared directly by churning the cream of milk (i.e. without curdling) is more unctuous and heavy to digest and can cause constipation. However it is useful in curing bleeding disorders and eye disorders.

Ayurveda advises to consume only fresh butter. Old butter (rancid) is considered to be alkaline, pungent and sour. It may cause vomiting, piles, skin diseases, *kapha* disorders and obesity.

Discussion

Ayurveda has a unique approach and understanding of properties, actions and medical uses of milk and milk products. A closer look at the described pharmacology and pharmacodynamics of milk and milk products reveals Ayurvedic concept of functional foods. *Ayurveda* has used fermented milk products such as curd and buttermilk to treat diseases such as diarrhea, which suggests that there was an appreciation of the role of probiotics even if not exactly in the same way as it is understood today. "Probiotics" as per modern definition refers to the specific live cultures of microorganisms while the Ayurvedic understanding of the products is more holistic. The medicinal benefits suggested may not be just due to the microflora but also to the prebiotic minerals and other components in the product. Several recent pharmacological studies showed the effect of Ayurvedic probiotics like curd on gut health. A preclinical study demonstrated the effect of traditionally prepared curd on the nutritional status and hind gut health of dogs. A decrease in fecal pH, ammonia and health negative coliform was observed. Meanwhile increase in health positive microbial

count (lactobacilli and bifidobacteria), lactates and short chain fatty acids suggests improvement in gut health. Apart from that, total erythrocyte count was also found to increase. Immune modulation and anti-inflammatory and pro-healing effects of whey on rats have been observed. Bacterial species that have traditionally been regarded as safe are used in probiotics; the main strains used include lactic acid bacteria and bifidobacteria that inhabit the intestinal tracts of humans and animals.

Conclusion

Milk and fermented milk products have been emphasized in *Ayurveda* as the rejuvenators (*rasayana*), could be correlated to modern probiotics and prebiotics, or aspects thereof. Appropriate understanding of the Ayurvedic concept and knowledge of *pathya* and *rasayana* can help in proper use of probiotics as well as an understanding of the properties and action of milk and milk products.

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